

## Chicken Risotto with Farro

Recipe by Chef Marvin Woods



**Cooking Tip from Chef Woods:** Instead of rice, I use farro, which is an Italian grain that has far more superior health benefits than rice. Also I recommend making your own stock, which helps keep the sodium levels in check. Traditionally risottos are finished with heavy butter and cheese. I have added shiitake mushrooms and fresh corn on the cob to help add more flavor to the dish and reduce some of the fat.

**Yield:** 6 servings

### Stock Ingredients

2 pounds chicken bones  
2 onions  
4 whole carrots  
4 ribs of celery  
4 cobs from whole corn (bonus - stalks and peels)  
1 handful of mushrooms, the stems only  
1 handful of peels from onions, shallots, or carrots

### Total Nutrition Facts (per serving)

Calories:	309
Total Fat	7.3g
Saturated Fat	0.8g
Trans Fat	0.12g
Cholesterol	11mg
Sodium	176mg
Total Carb	49.4g
Dietary Fiber	8.2g
Sugars	3.3g
Protein	13.9g

**Instructions for the Stock:** Place chicken bones, onions, carrots, celery, corn, mushroom stems (if applicable) and peels into a large pot of water with heat on medium high, bring to a boil. Once boiling, lower the heat and simmer for 1 hour and 15 minutes. Set aside and allow to cool. Once cool strain and use the amount you want to for the current recipe. You can store the excess stock in freezer-proof plastic bags and place in the freezer for future use.

### Risotto Ingredients

12 ounces farro	3 ounces of skinless chicken breast
2 tablespoons canola oil	1/4 cup mushrooms, preferably shitake
2 shallots	1/4 cup fresh basil leaves, rough cut
3 cloves fresh garlic, minced	2 tablespoons fresh Parmesan Reggiano
1/2 cup fresh peas	1 tablespoon unsalted butter
1/4 cup corn on the cob	Cracked black pepper
1/4 cup white wine	Sea salt to taste

**Instructions for the Risotto:** Heat 2 tablespoons of oil in a medium saucepan over medium heat. Add garlic and shallots and "sweat" for 1 to 2 minutes. Add peas and corn and cook an additional 2 to 3 minutes. Add farro and continue to cook and stir for another 2 to 3 minutes. Add white wine and reduce by half. Add enough stock to cover the farro. Lower heat and let cook, stirring frequently. When liquid has disappeared, repeat, adding the same amount of stock. Repeat this process for 30 minutes. Add chicken and cook for another 5 minutes. Stir in mushrooms and cook for an additional 2 to 3 minutes. Add butter, Parmesan and basil. Add black pepper and check seasoning. Add salt if needed. Top with freshly shaved Parmesan.